

The Flu and your Pregnancy



1 Flu illness is serious

Seasonal flu and the H1N1 flu (also known as swine flu) can cause severe health problems in pregnant women.

Contact your doctor at the first signs of the flu. This includes fever, cough, sore throat, body aches and headache. If you have the flu, treatment is available.

There are several ways to prevent the spread of flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people. Ask others to help with sick children or others.
- Wash a sick person's laundry in hot water and dry it on high. Wear gloves or wash your hands after touching laundry.
- Stay home from work or school if you are sick.

2 Vaccine works

Pregnant women can get more serious illness and severe pneumonia when they get the flu.

Doctors strongly recommend that all pregnant women receive BOTH the H1N1 flu and seasonal flu vaccine to help prevent serious health problems

It is safe for pregnant and breastfeeding women to receive both vaccines. Get your seasonal flu shot today and your H1N1 vaccine as soon as possible.

3 Breastfeeding is safe

Keep breastfeeding if you get the flu. Talk to your health care provider about how to protect your baby when you are sick.

Breastfeeding is one of the best ways to keep your baby healthy. Breast milk helps the baby fight the flu.

A vaccinated mom extends protection to her baby and all children in the home.

The H1N1 Flu virus puts pregnant women at risk for life-threatening illness.

For more information call the Flu Hotline at 1-888-703-4364

Or go to www.doh.wa.gov/h1n1